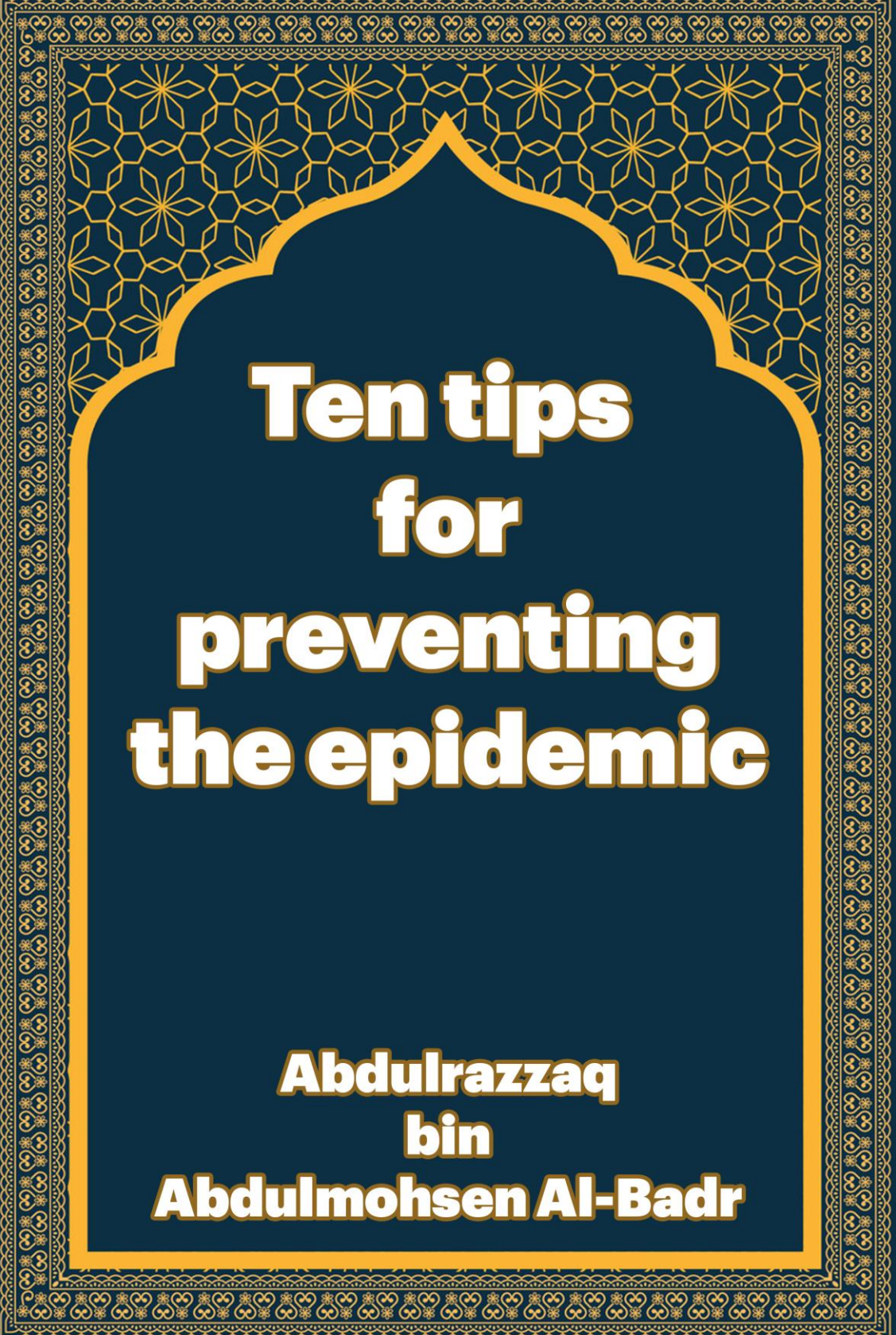




Ten tips for preventing the epidemic

**Abdulrazzaq
bin
Abdalmohsen Al-Badr**

Ten tips for preventing the epidemic

عشر وصايا للوقاية من الوباء

Author

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Translated by

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Translator introduction

All praise is due to Allah; we praise Him and seek His forgiveness.

We seek refuge in Allah from the evils of our souls and the wickedness of our deeds.

He, whom Allah guides, none can misguide him, and he whom He misguides, none can guide him.

I bear witness there is no deity worthy of worship in truth except Allah, alone, without partner.

His is the dominion and His is the praise.

He gives life and causes death, and He is over all things competent. Now then:

I have translated the book before you, entitled **(Ten tips for preventing the epidemic)** by **(Abdulrazzaq bin Abdulmohsen Al-Badr)** because of the many benefits and advantages it contains for the Muslim.

This translation is my own effort. If I do well, it is from Allah and His guidance to me, and if I make a mistake, it is from myself and from Satan.

I ask Allah to make this work of mine purely for Him and to spread the word of truth throughout the entire earth and to teach Muslims who do not speak Arabic their religion that Allah has chosen for them.

The one in need of his Lord's forgiveness: **Omar bin Ahmed Tohamy.**

Important note for the reader

This book contains many supplications mentioned in the Quran and Sunnah. When I translated it into English, I included the Transliteration of each supplication in the margin of the translated page.

It is best, when reading or repeating a supplication, to recite it either in Arabic if you could or with the provided Transliteration. And Allah knows best.

Author's introduction

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All praise is due to Allah, Who answers the distressed when they call upon Him, relieves the afflicted when they cry out to Him, removes harm, and eases afflictions.

Hearts find life only in His remembrance, nothing happens except by His permission, no harm is averted except by His mercy, nothing is preserved except by His protection, no hope is attained except by His facilitation, and no happiness is achieved except through obedience to Him.

I bear witness there is no deity worthy of worship in truth except Allah, the One, without partner, the Lord of the Worlds, the God of the first and the last, the Sustainer of the heavens and the earth.

I bear witness that Muhammad is His servant and Messenger, sent with the clear Book and the straight path. May Allah's peace and blessings be upon him, his family, and all his companions.

To proceed:

These are beneficial reminders I offer in light of people's fears these days regarding the pandemic known as (Coronavirus).

We ask Allah to lift from us and from all Muslims, wherever they may be, every harm and affliction, to remove from us hardship and distress, and to protect us all as He protects His righteous servants. He is the Guardian of that and is Capable of all things.

What is said before calamity strikes

On the authority of Uthman bin Affan, may Allah be pleased with him, who said: I heard the Messenger of Allah, may Allah bless him and grant him peace, say: **“Whoever says: In the name of Allah, with whose name nothing on earth or in heaven can cause harm, and He is the All-Hearing, the All-Knowing”¹ three times, no sudden calamity will befall him until morning. And whoever says it three times in the morning, no sudden calamity will befall him until evening.** Narrated by Abu Dawud and others.

¹Transliteration: Bismillāhi 'l-ladhī lā yaḍurru ma'a-smihi shay'un fil-'arḍi wa lā fis-samā' wa huwas-Samī' ul-'Alīm.

Saying too often

"There is none worthy of worship but You, glory is to You. Surely, I was among the wrongdoers."²

Allah Almighty said:

﴿وَذَا النُّونِ إِذْ ذَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَىٰ فِي الظُّلُمَاتِ أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ۖ فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ ۚ وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ﴾

"And [mention] the man of the fish, when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darknesses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers."[Al-Anbiya: 87-88]

Al-Hafiz Ibn Kathir, may Allah have mercy on him, said in his Tafsir regarding the verse, **"And thus We save the believers"**: This means when they are in distress and call upon Us, turning to Us in repentance, especially if they supplicate with this supplication during their affliction.

Then he cited a hadith from the Prophet, peace and blessings be upon him, who said: **"The supplication of Jonah (peace be upon him), when he called upon Allah while in the belly of the whale: "There is none worthy of worship but You, glory is to You. Surely, I was among the wrongdoers." was never uttered by anyone in any matter except that Allah answered him."** This hadith was narrated by Imam Ahmad and At-Tirmidhi.

The scholar Ibn Al-Qayyim, may Allah have mercy on him, said in his book "Al-Fawa'id" (The Benefits): Nothing repels the hardships of this world like monotheism. Therefore, supplication in times of distress is based on monotheism, and the supplication of Jonah (peace be upon him), which no one in distress ever uttered without Allah relieving his distress, is based on monotheism.

Nothing plunges one into great distress except polytheism, and nothing saves one from it except monotheism. It is the refuge, sanctuary, fortress, and succor of creation. And with Allah is all success.

² Transliteration: Lā ilāha illā anta subḥānaka innī kuntu mināḍ-ḍālimīn.

Seeking refuge from the hardship of affliction

On the authority of Abu Hurairah (may Allah be pleased with him): **“The Messenger of Allah (peace and blessings be upon him) used to seek refuge from the hardship of trials, the misery of wretchedness, the evil of destiny, and the gloating of enemies.”**

And on the authority of Abu Hurairah (may Allah be pleased with him), on the authority of the Prophet (peace and blessings be upon him), he said: **“Seek refuge in Allah from severe calamity, being overtaken by misery, the evil of destiny, and the gloating of enemies.”** (Both are narrated by Al-Bukhari)

Maintaining the supplication for leaving the house

On the authority of Anas bin Malik (may Allah be pleased with him), the Prophet (peace and blessings be upon him) said: **“When a man leaves his house and says, ‘In the name of Allah, I have placed my trust in Allah, there is no might nor power except with Allah,’³ it is said to him, ‘You have been guided, you have been sufficed, and you have been protected.’ Then the devils move away from him, and another devil says to him, ‘How can you get to a man who has been guided, sufficed, and protected?’”** Narrated by Abu Dawud

Asking Allah for well-being in the morning and evening

On the authority of Abdullah bin Omar, may Allah be pleased with them both, he said: **“The Messenger of Allah, may Allah bless him and grant him peace, never neglected these supplications when he woke up and when he went to sleep: O Allah, I ask You for well-being in this world and the Hereafter. O Allah, I ask You for forgiveness and well-being in my religion, my worldly life, my family, and my wealth. O Allah, conceal my faults and grant me security from my fears. O Allah, protect me from**

³ Transliteration: Bismillāhi, tawakkaltu `alallāhi, wa lā ḥawla wa lā quwwata illā billāh.

what is before me and behind me, from my right and my left, and from above me, and I seek refuge in Your greatness from being assassinated from below me.⁴” Narrated by Ahmad and others.

Frequent supplication

On the authority of Ibn Umar, who said: The Messenger of Allah (peace and blessings be upon him) said: **“Whoever among you is granted the ability to supplicate, the gates of mercy are opened for him. And nothing is more beloved to Allah than to be asked for well-being.”**

The Messenger of Allah (peace and blessings be upon him) also said: **“Supplication benefits against what has befallen and what has not yet befallen, so O servants of Allah, supplicate.”** (Narrated by At-Tirmidhi and others)

Avoid places where the epidemic is present.

On the authority of Abdullah ibn Amir (may Allah be pleased with him): “Umar (may Allah be pleased with him) went to Syria. When he reached Sargh, he heard that a plague had broken out in Syria. Abdur-Rahman ibn Awf informed him that the Messenger of Allah (peace and blessings be upon him) said: **‘If you hear of it in a land, do not go to it. And if it breaks out in a land where you are, do not leave fleeing from it.’**”

On the authority of Abu Hurairah (may Allah be pleased with him), the Messenger of Allah (peace and blessings be upon him) said: **“A sick person should not be brought into contact with a healthy person.”** (Both narrated by Al-Bukhari and Muslim)

Acts of kindness and generosity

On the authority of Anas (may Allah be pleased with him), who said: The Messenger of Allah (peace and blessings be upon him) said: **“Good deeds protect against evil ends, calamities, and destruction, and those who do good in this world will be among those who do good in the Hereafter.”** Narrated by Al-Hakim

⁴ Transliteration: Allāhumma innī as'aluka 'l-'afwa wal-'āfiyah fid-dunyā wal-ākhirah, Allāhumma innī as'aluka 'l-'afwa wal-'āfiyah fi dīni wa dunyāya, wa ahli, wa māli, Allāhummastur 'awrātī, wa āmin raw'ātī, Allāhummaḥfaznī min bayni yadayya, wa min khalfī, wa 'an yamīnī, wa 'an shimālī, wa min fawqī, wa a'ūdhu bi'āẓamatika an 'ughtāla min taḥtī.

Ibn al-Qayyim, may Allah have mercy on him, said: "Among the greatest remedies for illness are doing good, showing kindness, remembering Allah, supplicating, beseeching, and repenting to Him. These things have a greater effect in warding off ailments and bringing about healing than natural medicines, but this depends on the readiness of the soul, its acceptance, its belief in this and its benefit." (Zad al-Ma'ad)

Night prayer

On the authority of Bilal (may Allah be pleased with him), the Messenger of Allah (peace and blessings be upon him) said: **"You should pray at night, for it was the practice of the righteous before you. Indeed, praying at night is a means of drawing closer to Allah, a deterrent from sin, an expiation for misdeeds, and a cure for ailments of the body."** Narrated by At-Tirmidhi and others.

Cover the vessel and tie the water skin

On the authority of Jabir ibn Abdullah (may Allah be pleased with him), who said: I heard the Messenger of Allah (peace and blessings be upon him) say: **"Cover your vessels and tie up your water skins, for there is a night in the year when a plague descends, and it does not pass by a vessel that is not covered or a water skin that is not tied up without some of that plague descending into it."** (Narrated by Muslim)

Ibn al-Qayyim, may Allah have mercy on him, said: "This is something that the knowledge and expertise of physicians cannot attain." (Zaad al-Ma'ad)

Author's Conclusion

In conclusion, every Muslim should entrust his affairs to Allah, hoping for His favor, yearning for His bounty, and relying upon Him, for all matters are in His hands and subject to His decree and control.

He should strive to receive whatever calamities befall him with patience and seeking reward from Allah, for Allah Almighty has promised those who are patient and seek reward from Him a great reward and recompense.

He, the Exalted, said:

﴿إِنَّمَا يُوفَّى الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ﴾

“Indeed, the patient will be given their reward without account” [Az-Zumar:10]

It was narrated on the authority of Aisha, may Allah be pleased with her, that she asked the Prophet, peace and blessings be upon him, about the plague, and he said: **“It was a punishment that Allah sent upon whomever He willed as a mercy to the believers. There is no servant who is afflicted by the plague and remains in his land patiently, knowing that nothing has befallen him except what Allah has decreed for him, but that he will have the reward of a martyr.”** (Narrated by Al-Bukhari)

I ask Allah to grant us all success in what He loves and is pleased with, in righteous deeds and beautiful speech, for He speaks the truth and He guides to the right path. Praise be to Allah alone, and may Allah bless our Prophet Muhammad and his companions and grant them peace.